

WELCOME TO FALSE CAPE STATE PARK. To make your visit safe and more pleasant, we ask that you observe the following:

TAKE ONLY PICTURES, LEAVE ONLY FOOTPRINTS.

PRESERVE – Help preserve your park. Please don't cut or mar any plants or trees. Collecting animal or plant life is allowed only for scientific purposes by permit from the Richmond headquarters. Please use lantern hangers where available.

DON'T FEED ANY WILD ANIMALS.

ALCOHOL – State law permits alcohol use only in private areas (inside your cabin or camping unit) or in areas designated on permits issued by the Virginia Department of Alcoholic Beverage Control.

PETS – Pets are allowed at False Cape State Park. However, pets are not permitted in Back Bay National Wildlife Refuge. Pets can only be brought into the park by boat or through the southern entrance at the North Carolina border.

DRONES AND OTHER AIRCRAFT - Drones, other unmanned aerial vehicles, including remote control aircraft, and aircraft in general may not be flown in state parks pursuant to *4VAC5-30-400*.

LITTER – Please help us keep the park clean by carrying out your trash. Leave No Trace.

FIRE – Fires are prohibited at all times.

FISHING – Where fishing is permitted, valid Virginia fishing licenses are required. Specific licenses are required for saltwater and fresh water fishing.

PARK ACCESSIBILITY – We strive to make each park as barrier-free as possible. Universally accessible facilities are available throughout Virginia State Parks. A beach wheelchair is available at the visitor center.

CAMPING – Primitive camping is allowed by reserved permit only. Permits may be obtained by calling the Virginia State Parks Customer Service Center at 800-933-7275. Camping is limited to two tents per site, to four people per site on sites 1 to 9, and to six people per site on sites 10-12. The maximum camping stay per park is 14 days in any 30-day period.

GAME MANAGEMENT PROGRAM – A special game management program is conducted in partnership with Back Bay National Wildlife Refuge. The park is closed to all other activities during game management programs,

which are usually held in late fall and mid-winter. Please check the park's website for more info.

SAFETY – Please be mindful of forecasted weather conditions. Ocean and bay conditions can change quickly. Be mindful of wave height, wind strength and tidal action.

It is 3.5 miles from the Back Bay National Wildlife Refuge visitor center to the False Cape State Park visitor center. It is an additional 6 miles to the North Carolina boundary. Calculate your round trip distances accordingly.

PLEASE BRING PLENTY OF WATER – Drinkable water is available *only* at the Barbour Hill area.

Biting insects are numerous. Bring insect repellent. Be aware of venomous eastern cottonmouth snakes, also known as the water moccasin.

EMERGENCY – In case of emergency, call 911. Emergency phone numbers are posted at contact stations, electronic information stations and other locations throughout the park.

INFORMATION – For more information on Virginia State Parks or to make a cabin or campsite reservation, call 800-933-7275 or visit www.virginiastateparks.gov. The Customer Service Center is open Monday through Friday, 9 a.m. to 5 p.m. It is closed on all state holidays.

The center is located in Richmond at 9960 Mayland Drive and accepts payments made in person from 10 a.m. to 4 p.m.

False Cape State Park's gift shop and visitor center is open to the public. Hours may vary seasonally. Please call the park for more information.

ELECTRONIC INFORMATION STATION – The information station offers access to GPS-based trail information, interactive virtual tours, details on park amenities, printable guides and maps, program descriptions, schedules and more. It is located across from the visitor center.

PARK ACCESS – While some visitors access False Cape State Park by paddling through Back Bay or via the southern boundary with North Carolina, most visitors access False Cape State Park by hiking or biking through Back Bay National Wildlife Refuge. Some programs meet at Little Island City Park. Please be mindful of Back Bay National Wildlife Refuge and Little Island City Park fees and regulations. Our continued partnerships rely on visitor behavior.

ALTERNATIVE ACCESS – Fees may apply.

TRAM ACCESS – Trams, operated in conjunction with Back Bay National Wildlife Refuge, are available on a varied schedule from March to October. Winter tram programs schedules can be found on the "Park Events" section of www.virginiastateparks.gov.

TERRAGATOR TRANSPORT – Special access using the Terragator beach transport vehicle is available. Private Terragator tours can be scheduled by calling the park at 757-426-7128 or through the Virginia State Parks Customer Service Center at 800-933-7275.

INTERPRETIVE PROGRAMS – Program schedules are available online by clicking the "What to do" tab on www.virginiastateparks.gov. Transportation from Back Bay NWR or Little Island City Park to the park's interior is provided with some programs.

KAYAK PROGRAMS – Introductory and intermediate programs, including moonlight, evening, early bird and GPS-orienteeing guided paddling tours, are offered throughout the year. Reservations are required. Fees apply.

OUTDOOR EDUCATION PROGRAMS – A variety of orienteeing, plant identification, skills-building, wildlife, history, backyard survival and night programs are available throughout the year. Reservations are required. Fees apply.

SCHOOL AND GROUP OUTREACH PROGRAMS – Guest lectures, programs and workshops at your site can be arranged to meet your educational objectives. Fees apply.

SCHOOL AND GROUP FIELD TRIP PROGRAMS – Guided outdoor education based programs such as those related to watersheds, adaptation and migration can be scheduled by calling the park at 757-426-7128. Fees apply.

ENVIRONMENTAL EDUCATION CENTER – Overnight accommodations for education groups up to 26 people can be reserved by calling the park at 757-426-7128. Ranger-guided programs can be scheduled as part of the reservation for an additional fee.

TELL US ABOUT YOUR VISIT:

[WWW.DCR.VIRGINIA.GOV/STATE-PARKS/OTHER/
YOUR-COMMENTS-COUNT.SHTML](http://WWW.DCR.VIRGINIA.GOV/STATE-PARKS/OTHER/YOUR-COMMENTS-COUNT.SHTML)



Virginia State Parks

False Cape State Park

Virginia Beach, Virginia



VIRGINIA STATE PARKS ARE A TONIC FOR THE MIND, BODY AND SPIRIT.

Museums, visitor centers and nearby historic sites make state parks cultural treasures.

The recreational opportunities in state parks are endless and easy to see – from swimming and boating to horseshoes and hiking, there's always something to do in a Virginia State Park.



WWW.VIRGINIASTATEPARKS.GOV
800-933-PARK

False Cape State Park

(757) 426-7128
falsecape@dcr.virginia.gov
4001 Sandpiper Road
Virginia Beach, VA 23456



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Trail	Blaze	Mileage	Usage	Difficulty	Overlook	Mileage	Usage	Difficulty
Barbour Hill	Gold	1.4	H, B	●	Bufflehead	0.1	H, B	●
Cemetery	Dk.Blue	0.9	H	■	Gadwall	0.1	H, B	●
Dudley Island Loop	Brown	1.3	H, B	●	Pintail	0.3	H, B	●
False Cape Landing	Gray	0.7	H, B	●	Teal	0.1	H, B	●
Maple Leaf	Yellow	0.7	H	●	Tundra Swan	0.3	H, B	●
Maritime	Orange	0.7	H	■	Widgeon	0.3	H, B	●
Marsh Ridge	Lt. Green	0.7	H, B	●	Wood Duck	0.1	H, B	●
Ocean Pearl	Lt. Blue	0.4	H, B	●	H = Hiking B = Biking			
Sand Ridge	Dk.Green	6.2	H, B	■♦	● = Easy ■ = Moderate ♦ = Difficult			
Sandy Point	Lt.Brown	0.8	H, B	●				
South Inlet	Red	0.3	H	●				
Sundew	Purple	0.4	H	●				
Vir-Mar	Black	0.3	H, B	●				
Wash Woods	White	0.6	H, B	●				
Monument	Pink	0.1	H, B	●				
H = Hiking B = Biking								
● = Easy ■ = Moderate ♦ = Difficult								

